

2010 Splash in the Springs

Rock Springs Swim Club

May 15-16, 2010

SANCTION: Held under sanction of Wyoming Swimming, Inc. and USA Swimming, Inc. #2010-

HEAD REFEREE: Greg Lundvall

1067 Frontera Drive

Laramie, WY 82072

(307) 460-3269

Email: greg@h-dllc.com

MEET DIRECTOR: Jennifer Harbison

1147 Wyoming Street

Rock Springs, WY 82901

(307) 389-7641

Email: sjharbison@hotmail.com

LOCATION: Rock Springs High School

1375 James Drive

Rock Springs, WY 82901

POOL: Indoor 25 yard pool, six lanes, non-turbulent lane lines, Colorado Timing System with manual back-up timers.

RULES: Current USA Rules will govern the meet. Meet referee reserves the right to combine event heats of differing age and/or sex.

ELIGIBILITY: Current USA swimming registration will be required for all swimmers. Deck entries will be accepted providing extra heats are not created and proof of the swimmer's current USA eligibility is provided. Deck entries must be approved by the Meet Director and will cost \$5.00. Clubs will be fined \$100 for any swimmer not meeting the current registration requirements.

SWIMMER CLASSIFICATION: 8-under, 10-under, 11-12, & 13-over (8-under is not a recognized USA Swimming age group) Age determination will be as of May 15, 2010.

SCORING: Individual Events, 1—6 places.

Individual Points: 7-5-4-3-2-1

** No points will be awarded for relays.

AWARDS: High Point Male & Female in each age group , 1st – 6th place overall.

** The mixed open events will be scored by gender and age group. Points for the 8-under, 10-under, and 12-under events are kept separately and cannot be combined. Example: a 10 year old swimmer can compete in a 10-under and 12-under event if they choose, but points for each category are kept separate and not combined for high point awards.

ENTRIES: All entries should be submitted using Hy-Tek or compatible software. Results will be returned on the same CD. Hard copies of meet entries must accompany the CD. Email entries are accepted and encouraged. A signed registration verification must accompany all meet entries. Please include phone numbers or email addresses of coaches or club representatives in case any changes or questions arise during the meet entry process.

ENTRY LIMITS: Each swimmer may enter up to five (5) individual events and one (1) relay per day.

ENTRY FEES: Individual Events \$4.00 per swimmer event

Relays \$5.00 per team event

WSI Participation Fee \$6.00 per swimmer

There will be no refunds. Payment must accompany entries with check made payable to Rock Springs Swim Club.

ENTRY DEADLINE: Entries MUST be postmarked by May 6, 2010.

Mail entries to: Rock Springs Swim Club

PO Box 2413

Rock Springs, WY 82902

Email: sjharbison@hotmail.com

SEEDING: Events will be pre-seeded in times submitted in yards. The meet referee with concurrence of the meet director may consolidate events in accordance with Section 102.8.2 of the USA Rules and Regulations. A "no time" entry will be randomly seeded into the slowest heats.

CLERK OF COURSE: There will be no clerk of course. Heat and lane assignment will appear in the program. Swimmers are responsible for taking their positions behind the block.

SCRATCHES: Scratches should be reported in writing at the coaches' meeting prior to each session.

WARM-UPS: 15 minutes of circle swim (no diving), followed by 10 minutes of 1-way swimming, starts permitted. All swimmers must have a coach on deck to supervise their warm-up. Swimmers without a coach at the meet will report to the Meet Director for assignment to a warm-up lane.

NOTICES: Coaches, Officials, and Meet Director must have their current USA cards visibly displayed while on deck. Swimmers in the 500 and 1650 Freestyle must provide their own lap counters and timers. Any individual wishing a split time in any event shall notify the Referee and Meet Director in advance and shall provide an additional timer and stopwatch for the event.

Official's Meeting will be held both days at 8:30 in the Hospitality Room. Coach's Meeting will be held both days at 8:50am in the Hospitality Room.

CONCESSIONS: Concessions will be available.

FINAL RESULTS: Results will be available immediately following the meet.

SAFETY: USA Swimming has advised clubs to use safe warm-up procedure in the conduct of meets. These include swimmers stepping, rather than diving, into warm-ups and designation of block-start lanes and one way sprints. Absolutely no glass containers are allowed in the pool area. No smoking in the facility anywhere. Let's make this an accident free meet!